Alphabet Announcements

A

A is for Activity! It is so important to be active every single day. A is also for apple. Eat some apple slices for a snack today.

В

B is for breakfast. Begin each day with a healthy breakfast. Try a bowl of cereal, piece of toast with jam and some milk and juice for a healthy breakfast!

C

C is for Calcium. Calcium is important to help our bones and teeth stay strong. Calcium is found in milk products and dark green vegetables. For a healthy snack today have some yogurt and graham cracker sticks to dip.

D

D is for Day. Make every day a good day by doing all the important things to keep your body healthy. For a snack today have a delicious pear.

E

E is for Exercise. Exercise at least 60 minutes every day. It will keep our bodies and our minds healthy and ready to learn. For a treat on the go, take a bag of raisins and peanuts.

F

F is for fun! Make exercising fun by trying different things like biking, running, jump roping. F is also for fruit. It is important to eat 2-3 servings of fruit every day.

G

G is for goal. It is good to set goals to achieve in your life. It is also good to have goals to keep your body healthy! G is also for grapes. Eat a bunch of grapes for a snack today.

H

H is for Healthy! There are many ways to keep healthy including eating good foods, exercising, bathing daily, brushing teeth twice a day, covering our mouths when we cough, and dressing for weather. For a healthy snack today try some graham crackers and a glass of milk.

I is for interesting. Make your activity interesting by doing something different! Try Yoga or Pilates for a change. Try an interesting fruit today like papaya or kiwi.

J

J is for jumping rope. Jumping rope is an excellent form of exercise and really gets your heart rate up. For a snack today, try some toast with jam and a glass of milk.

K

K is for Knowledge. The more knowledge we have about our bodies, the better we will be able to take care of our bodies. For a good snack today, have some Kix cereal with raisins and peanuts.

L

L is for laugh. It is healthy for us to laugh every day. It makes our bodies feel good inside and makes our blood move. For a healthy snack today, try some lettuce and turkey on bread.

M

M is for muscles. Our muscles keep us strong when we take care of them. Exercising all the different muscle groups will keep our whole body strong. M is also for Milk. We need at least 3 cups of milk every day for those muscles and bones!

N

N is for Nutrition. Nutrition is making sure we eat the foods that are the best for our body. N is also for natural. Have a natural snack today like dried fruit. It is best not to eat foods that have too many preservatives.

O

O is for only. There is only one you! You are special and unique and shine in your own way. For a snack today, make something unique and special like you!

Ρ

P is for possible. Anything is possible if you set your mind to it! Never give up on something you dream about doing. For a good snack today, have a cut up peach or pear.

Q is for Quick. Do some quick exercises throughout the day like a few jumping jacks, walking in place, or some stretches. For a quick snack, try some pretzel sticks, sunflower seeds, and raisins in a baggie.

R

R is for Running. Running is a great form of exercise. It gets our heart rate up and pumps oxygen throughout our body to all our cells. R is also for raspberries. Raspberries are a delicious fruit to have alone or with cereal or ice cream.

S

S is for simple. Exercise does not have to be hard. Make it simple by doing the things that you like best! S is also for supper. Be sure not to skip meals. And have supper with your family. It is a great time to talk about your day.

T

T is for today. Make today your best day ever! Work hard in school and play hard when you are outdoors. T is also for treat. It is ok to have treats, but pick a nutritious treat when one is available.

U

U is for unselfish. Think of others besides yourself and treat others the way you would like to be treated. Not only is it caring, but it will keep you healthier! For a good snack today, try some unsalted nuts.

V

V is for variety. Try a variety of different exercises and also a variety of foods. In tasting different foods, we learn there are foods we like that we didn't know we liked! Try a fruit or vegetable today that you have never tried - you just might like it!

W

W is for walking. Walk instead of getting a ride whenever you can...you will be sure to be healthier! For a good snack today, try some watermelon and musk melon.

Х

X is for eXciting. It is exciting to see how we grow every year by doing all the things we need to do to stay healthy! For a snack today, try some popcorn and fruit juice.

Y is for yoga. Yoga is a great form of exercise that strengthens and lengthens your muscles. For a great snack today try some yogurt with granola.

Z

Z is for zip. You will have lots of "zip" and energy if you exercise every day and eat the right foods. For a great snack try some cut up orange and banana slices.

Number Announcements

ONE

There is only one you! Take care of your body and your mind every day. You are unique and special. Take one bath or shower a day to keep your body clean. For a great snack, eat one orange fruit a day.

TWO

We have two eyes. Make sure you take care of your eyes by not watching too much TV or playing too many video games. Try to eat two green vegetables today, try some celery, green beans, or broccoli!

THREE

We need to eat three meals a day! Skipping meals can make us feel sluggish and tired. Always eat breakfast before school every day so your brain can work. For a healthy snack try these three things: Mix peanuts, raisins, and sunflower seeds.

FOUR

We have two arms and two legs. Protect them when you are playing sports by wearing the proper gear. Broken bones are NO fun! Try to drink at least 4 glasses of milk every day. Milk gives us energy and keeps our bones and teeth strong.

FIVE

There are five food groups to choose from every day. The grains group, fruit group, vegetable group, milk group, and the meat and bean group. For a great snack, try to find five different colored foods to eat from the five food groups - it is sure to be a healthy snack!

SIX

There are six things we need to do in the winter to stay healthy: Dress for weather, eat lots of fruit and vegetables, cover our mouth and nose when we cough or sneeze, stay home when we are sick, get plenty of sleep, and the most important thing; wash our hands!! Washing hands prevents us from spreading germs to ourselves and others. For a great snack: eat six crackers with cheese and salami.

SEVEN

There are seven days in the week. Each day, try to do a different form of exercise that you can do indoors. Try running in place, jumping jacks, stretches, and yoga. It is very important to continue to exercise throughout the winter months. For a different snack, try eating seven celery sticks with peanut butter - it is sure to please!

EIGHT

Try drinking 8 glasses of water every day. Water keeps us healthy by keeping us hydrated and by flushing out the things in our body that we don't need. For a great snack, try eating eight orange slices. Oranges give us vitamin \mathcal{C} to help prevent colds and the flu.

NINE

There are nine months in the school year. We can make each month count by eating breakfast every morning before school so that our brains are ready to work when we start class. For a healthy breakfast try cereal, toast, juice, and milk. That will be a great start to the day!

TEN

We have ten fingers and ten toes. Make sure you exercise those fingers and toes every day. Try walking or jogging for feet, and push-ups or stretches for your hands. For a great snack, try ten pretzels and ten grapes, either red or green. That will sure to please!

Color Announcements

BLUE

The blue strip on the food pyramid is for the milk group. We need to have 3-4 glasses of milk per day. Milk and milk products are very rich in calcium which helps us to have strong teeth and bones. Other things in the milk group are yogurt, cheese, and ice cream. For a great snack try yogurt with some fresh fruit.

RED

The red strip on the food pyramid is for fruits. It is important to eat several fruits a day. Fruits contain lots of vitamin C which helps our bodies repair itself when we are injured, and also helps keep us from getting sick. Try to eat different colored fruits every day like bananas, apples, oranges, and grapes. They make a great snack.

GREEN

The green strip on the food pyramid is for vegetables. It is important to eat 3-4 servings of vegetables a day. They give us vitamins like vitamin E which aids our body in forming red blood cells and beta-carotene which helps lower our risk for cancer and heart disease. Try to vary your veggies every day. For a great snack, try baby carrots and celery with some yogurt or dip.

ORANGE

The orange strip on the food pyramid is for grains. There are many foods in the grain category such as bread, pasta, bagels, and rice. We need 6-9 servings of grain every day! Grains contain folate which is necessary for growing our body cells, and carbohydrates to give us energy to run and play. For a great snack, try a bagel with cream cheese - it is sure to please!

PURPLE

The purple strip on the food pyramid is for meats and beans. Peanut butter is also in the meat group. We need at least two servings from the meat group every day. Meats and beans contain proteins which help us to make body cells. They also contain iron which helps carry oxygen in our blood to our body cells. We need oxygen to live! For a great snack, try mixing peanuts, raisins, and sunflower seeds.

YELLOW

Yellow is the color we see when we look at the sun. It is very important to get some sunshine and fresh air as much as possible. The sunshine gives us Vitamin D which also helps our bones and teeth stay strong. It also has vitamin A in it which helps us have good vision. As important as it is for us to get sunshine, it is also very important to wear sunscreen when we are in the sun for long periods of time, especially in the summer. For a great snack try some dried fruits that are yellow like dried bananas and apricots.

PINK

When we are healthy, our cheeks are nice and pink. Being healthy means doing all the things that help our bodies to feel good like eating the right foods, keeping clean, brushing teeth, dressing for weather, washing our hands, and exercising. When we exercise, blood flows throughout our bodies and gives us those nice pink cheeks! For a healthy snack, try some strawberry yogurt with some graham cracker sticks to dip into it.

Healthy Habit Announcements

WASHING HANDS

We are going to cover all the important things we need to do to stay healthy. One of the most important things, especially in the flu season, is to wash our hands. Our hands carry germs from our mouths and noses to other people when we don't wash our hands. Some of the most important times to wash hands are: after going to the bathroom, before we eat, after playing outside, and more often when we are sick with colds and flu. For a healthy snack in the winter time, try oatmeal with raisins.

BRUSHING TEETH

Brushing our teeth twice a day is important not only in keeping our mouth healthy, but our body as well. When we brush and floss our teeth, we remove the left-over food and germs in our mouths that cause cavities. It is also important to visit the dentist 1-2 times a year to help us keep our mouth healthy. Dentists are doctors for our teeth. For a healthy snack for your teeth, eat some crisp carrots and celery.

TAKING A BATH

It is important to take a bath or shower every day to keep our bodies healthy. When we take a bath, it is important to wash ourselves from head to toe! The students in 4th and 5th grade especially need to shower or bathe every day to prevent body odor. They also need to wear deodorant especially in the summertime. For a healthy snack, try some apple slices with peanut butter.

PLENTY OF SLEEP

Everyone in the world needs to sleep to stay alive. But we need to get enough sleep to stay healthy. During the school year, it is important to get about 8-10 hours of sleep every night. Without plenty of sleep, our brains are deprived of oxygen and we can't think clearly. In order to do well in school, we definitely need to think clearly! For a brain healthy snack, eat some broccoli and cauliflower with ranch dressing.

DRESSING FOR WEATHER

It is important to wear the proper clothes for the weather. If it is winter and cold, we need to wear hats, coats, gloves, and boots. If it is spring or fall, we need to wear jackets. In the summer, we can wear t-shirts and shorts. Wearing the proper clothes helps us from getting too hot or cold. For a fun snack, mix sunflower seeds, raisins, peanuts, and pretzel sticks together.

WHAT TO DO IF WE GET SICK

Sometimes, even if we do all the things that keep us healthy, we still get sick! It is important to do all the right things when we are sick, also. When we are sick, we need to stay home from school and rest. We also need to drink plenty of liquids. Washing our hands more frequently helps from spreading our illness to others. If we have a fever and sore throat, we need to see the doctor. We may need some medicine. For a good snack when we are sick, try cut up oranges and bananas.

WHAT TO DO TO KEEP SAFE

There are many things we can do to keep from getting injured when we play outdoors. Like wearing safety equipment for riding a bike, skate boarding, or playing games like soccer. It is important to use playground equipment properly to prevent injuries. It is very important to cross street at crosswalks and always look both ways. For a great snack on the go, try a baggie with pretzels, raisins, and yogurt pieces.

EXERCISE

Exercise is important in helping us stay healthy because it makes our heart pump our blood throughout our body. This brings oxygen to all our body cells which keeps us healthy and keeps our hearts strong. It also keeps us from getting sick and having colds. Exercise improves our minds and how we feel about life - it helps us to be happier! For a great snack, try a yogurt and a sliced pear.

YOGA

We are going to talk about the different forms of exercises we can do to stay healthy. Yoga is a form of exercise that involves stretching out muscles. It also helps us to bring more oxygen into our lungs, which goes to our body cells. Try to do some stretches every day. They are fun and easy to do. For a healthy snack, try a piece of peanut butter and jelly toast.

WALKING AND RUNNING

These are two of the most effective forms of exercise. Walking fast and jogging or running helps our hearts to pump faster and burns calories. If we walk or run 15-20 minutes every day, we will help our bodies stay in great shape! For a snack on the go, take a granola bar with you for quick energy.

BIKING

Riding our bikes seems like a fun thing to do, but it actually is a great form of exercise as well. It helps the oxygen in our blood get to our body cells and also makes our muscles lean and strong - especially in our legs. When you are biking, take a snack like string cheese so you can eat it on the run!

JUMPING ROPE

Jumping rope is an excellent form of exercise. We use all our muscles and bones when we jump rope. It also makes our hearts and lungs work harder which in turn keeps us healthier. Try to do different games when jumping rope to make it more fun! For a great snack after jumping rope, have a juice box with some wheat crackers.

Healthy Body Announcements

OUR BODIES

We are going to be talking about our bodies and how they work. The first part of the body we need to talk about are the body cells. Our bodies are made up of 60 million cells! They make up every part of our body even though the cells are different. These cells all work together to help you grow and stay healthy. For a healthy snack to help your cells grow, try some meat and cheese.

THE BRAIN

The brain is part of our nervous system. The nervous system is composed of our brain, spinal cord, and nerves. These are our control center of our body. The brain sends messages to all part of our body to tell it what to do - even telling our bodies when to breathe! For a healthy snack for your brain, try some nuts like almonds.

THE EYE

Your eyes are very special. They act like cameras to help you see. In fact, your eyes are actually built like a camera. The iris of the eye is the part that gives our eyes their color. Babies are born with blue eyes. By one year of age, their eyes become the color they will stay for the rest of their lives. For a healthy snack for your eyes, eat some carrots! They really do help our eyes to see!

THE EAR

Our ears do two jobs. They help us hear and they also help us keep our balance when we are walking. If you spin around fast and stop quickly, you feel dizzy because the fluid in your inner ear does not stop spinning when you do! Children normally have the best hearing because their ears are sensitive to high pitched sounds. For a healthy snack, try some fruit cocktail with graham crackers sticks.

BONES AND TEETH

Our bones are what give our bodies shape and hold it together. They are part of our skeletal system. Our teeth are also part of our skeletal system. Our bones and teeth are made of calcium. That is why it is so important to drink milk and eat foods that contain calcium to make our bones and teeth stronger. For a great snack, try some milk with graham crackers to dip!

MUSCLES

Without muscles, we could not move, or eat, or breathe. Muscles even help digest our food and move our blood. Our heart is actually a muscle, too! During your lifetime, your muscles will probably bend your fingers about 25 million times! It is important to keep our muscles strong by frequently exercising. For a great snack, try cut up apple slices with peanut butter.

LUNGS AND BREATH

Your lungs are amazing organs that are located inside your chest. They take in oxygen when we breathe in and exchange it for carbon dioxide when we exhale. The air passageways in your lungs look like and upside down tree. It is important to take care of your lungs by not smoking and staying away from pollution and second hand smoke. For a healthy snack, try some cut up oranges.

STOMACH AND DIGESTION

Your stomach and intestines make up your digestive system. All of our body cells need food and water to stay alive. They use food to make energy. But without our digestive system, this could not happen. Our digestive system breaks down the food and liquids so it can be absorbed in our blood for energy. We have about 25 feet of intestines in our body! For a great snack that will give you energy, try a granola bar and some orange juice.

THE BLOOD

Your blood is a red fluid that flows through our arteries and veins. It is made up of solids which are the red blood cells, white blood cells, and platelets. It is also made up of liquid called plasma. Our blood is responsible for carrying oxygen and nutrients from our food to all our body cells. In the next few days, we will talk about the different blood cells and what their jobs are. For a great snack, have some celery and peanut butter.

RED BLOOD CELLS

One of the types of blood cells are the red blood cells. They are responsible for carrying oxygen throughout our body to the other body cells to help them live and grow. Red blood cells live only for about four months. In that time, they make about 40,000 trips around your body! Today for a healthy snack, have some crackers with peanut butter and a glass of milk.

WHITE BLOOD CELLS

White blood cells in our blood act as defenders against foreign invaders. They actually eat bacteria that can make us sick. Even though white blood cells cannot keep us from getting sick sometimes, they still protect us from many viruses and bacteria. For a healthy snack today, have some yogurt and some fresh fruit on top.

PLATELETS

Platelets are blood cells that help our blood to clot. Without platelets, having an injury would be life-threatening. When you have a nose bleed, your platelets go to your nose to make sure your blood clots and the bleeding stops. Our bodies sure are fascinating! For a healthy snack today, have a bowl of cereal with milk.

THE HEART - Part 1

Our hearts are like a pump that keeps our blood moving in our bodies. The right side of our heart pumps the blood to the lungs to pick up oxygen and get rid of carbon dioxide. The left side of the heart pumps the fresh blood to the rest of our body. During an average lifetime, your heart will beat more than 2 1/2 billion times! For a heart healthy snack, have some fresh fruit like oranges and bananas.

THE HEART - Part 2

Your heart is about the size of your fist and grows at about the same rate. The thumping sounds of your heart are not because it is beating, but because of the closing of your heart valves. Your heart pumps enough blood each week to fill a medium-sized swimming pool! For a healthy snack, have some yogurt and a granola bar.

SLEEP

Why do we need sleep? Sleep is a resting time for your body and mind. When you are asleep, you are not aware of the outside world. You need sleep to get rid of the tiredness in your body and brain and get energy for the next day. A substance called growth hormone is produced while you sleep. That is why it is so important to get enough sleep when you are a child and still growing. For a healthy snack today, have some vegetables and low fat ranch dip.

HEALTH

Health is a state of well-being. Many things affect whether we are healthy or not including sickness, injuries, our age, and disease. Staying healthy takes a lot of hard work, including eating the right foods, exercising, keeping our bodies clean, dressing for weather, washing hands, and trying to keep our germs to ourselves! For a healthy snack today, have some graham crackers dipped in milk.

DISEASE

Disease is when your body has a change in well-being that is caused by something other than an injury. In disease, a part of your body may not work just right, like in heart disease or diabetes. These kinds of diseases you cannot catch from somebody else. Diseases that are caused by a germ like strep throat or a virus like a cold can be given to other people. These diseases are called "contagious". For a healthy snack today, try some cut up fruit like bananas and oranges.